Welcome to the Northwestern Urology Residency Program
Department Philosophy

- Patient-centric, highly agile program
- Clinical questions and clinical need drive our programs and discoveries
  - Apply key basic science discoveries to “real life” problems
  - Improve the understanding of urologic subspecialties and the conditions we treat
- Strong partnerships with patients
  - “Partners in discovery”
Department Leadership

Sarki Abdulkadir, MD, PHD
Vice Chair for Urologic Research

Robert Brannigan, MD
Vice Chair of Clinical Urology
Chief of Male Reproductive surgery & Men’s Health

Ted Schaeffer, MD, PhD
Chair

Nelson Bennett, MD
Program Director

Amy Krambeck, MD
Chief of Endourology & Stone Disease

Shilajit Kundu, MD
Chief of Urologic Oncology

Joshua Meeks, MD, PhD
Associate Program Director
Recent Programmatic Expansion

Amy Krambeck, MD
Director of Endourology and Stone Disease

- Clinical Expertise - BPH and Stone Disease
- Research Focus
  - Optimal surgical equipment, techniques, and protocols for the treatment of stone disease
  - Treatment of enlarged prostates in the setting of myogenic or weakened bladders.
  - Holmium Laser Enucleation of the Prostate (HoLEP) for the treatment of symptomatic lower urinary tract symptoms

- Medical School: University of Missouri-Columbia
- Urology Residency: Mayo Clinic
- Endourology Fellowship: Methodist Institute for Kidney Stone Research
- 2009-2016: Endourologist, Mayo Clinic Department of Urology
- 2016-2020: Michael O. Koch Professor of Urology, Indiana University
- Joined Northwestern in January 2021
Recent Programmatic Expansion

Ashley Ross, MD, PhD
Clinical Director of Polsky Urologic Cancer Institute

- Clinical Expertise- Prostate Cancer
  - Prostate Cancer Screening (Fusion biopsy)
  - Active Surveillance
  - Molecular Precision Medicine in Prostate Cancer
  - Focal therapy
  - Salvage cryoablation, salvage prostatectomy
- Research Focus- Clinical Trials (primarily industry sponsored phase I-III)
  - i.e. Provent, Harpoon PSMA, Proxalutamide, PROTEUS, Afuresertib + LAE001
- MD/PhD and Urology Residency at Johns Hopkins
- 2012-2016: Associate Professor Urology and Oncology, Director of Johns Hopkins Prostate Cancer Program
- 2017-2020: Texas Oncology / Texas Urology Specialists
- Mary Crowley Cancer Research Center, Executive Medical Director
Ziho Lee, MD

• Clinical Expertise- Reconstructive Surgery and Trauma/Advanced Urologic Oncology
• Research Focus
  – Surgical techniques and outcomes of robot-assisted urologic oncology reconstruction procedures
  – Surgical techniques and outcomes of robot-assisted radical prostatectomy
• Medical School: Sidney Kimmel Medical College at Thomas Jefferson University
• Urology Residency: Temple University Hospital
• Robotic Oncology and Reconstruction Fellowship Temple University (2019-2020)
• Urologic Trauma and Reconstruction Fellowship: University of Washington (2020-2021)
• Joined Northwestern in September 2021
Recent Programmatic Expansion

Channa Amarasekera, MD
Director of Gay and Bisexual Men’s Health Program

- Clinical Expertise- Men’s health and Andrology
- Research Focus
  - Healthcare disparities in sexual minorities
  - Prostate cancer health outcomes in sexual minorities
- Medical School: Harvard
- Urology Residency: Northwestern
- Andrology Fellowship: Rush University Medical Center (Chicago)
- Joined Northwestern in August 2021
2023-24 Department of Urology Achievements
Programmatic Expansion

Gay and Bisexual Men’s Urology Program

The New York Times

In Chicago, a New Approach to Gay and Bisexual Men With Prostate Cancer

A new clinic focuses on patients left grappling with the aftermath of treatment in ways that are rarely appreciated by doctors.

Meet the program director

Channa Amarasekera, MD, is a pioneer in the research of health outcomes in urology for men who have sex with men. He is committed to identifying and addressing urologic healthcare disparities faced by members of sexual minorities.

Dr. Amarasekera earned his medical degree from Harvard Medical School. He completed residency training in urology at Northwestern University Feinberg School of Medicine, and a fellowship in sexual medicine and reconstructive urology at Rush University Medical Center.
The Northwestern Medicine Gender Pathways Program is committed to providing gender-affirming care to transgender and gender nonbinary patients. Our multidisciplinary team of specialists offers a range of surgical, medical and mental health services. They are dedicated to helping people achieve their individualized transition-related goals.
2023-24 Department of Urology Achievements
Programmatic Expansion

Metabolic Stone Clinic

Metabolic Stone Clinic
At Northwestern Memorial Hospital

Northwestern Medicine Urology is now offering an integrated Metabolic Stone Clinic to deliver comprehensive care for patients with kidney stone disease. The clinic will also offer standardized management pathways for patients with urolithiasis in pregnancy.
2023-24 Department of Urology Achievements
Programmatic Expansion

Male Reconstruction and Robotic Reconstructive Surgery

Advancing Complex Ureteral Reconstruction

Ziho Lee, MD
Urology, Northwestern Medicine
Training in all Urologic Subspecialties – New Faculty

Comprehensive Training Program

- Female Pelvic Medicine & Bladder Health
- Benign Conditions
  - BPH
  - Kidney Stones & General Urology
  - Pelvic Pain
- Male Fertility
  - Sexual Dysfunction
- Urologic Oncology
- Reconstructive Surgery
- Pediatric Urology
- Transitional Urology

Hiten Patel, MD
Urologic Oncology

Amanda Vo, MD
General Urology
2023-24 Department of Urology Achievements

Research

58 Presentations at AUA 2023

5 Best Poster Awards
Northwestern Medicine Enterprise

- 12 hospitals
- 36 locations
- 30,000 physicians, nurses and staff
  - 4,000 aligned physicians
  - 1,100 residents and fellows
  - 46 NM urologists
- 85,000 inpatient admissions and 2.2 million outpatient encounters
Unique Features of Northwestern Urology Residency

• Urology training begins in year one since July 2006
  Format adopted by ACGME for 2019
  Now all Urology programs begin in PGY1 year

• Personalized, integrated and flexible curriculum
  – 6 months of resident-driven elective rotations
  – ANY specialty
  – National and international away electives
  – Subspecialty experience with fellowship-trained faculty

• Clinical training combined with laboratory/clinical research
  – Fully-funded research year
  – Dedicated research mentor for each resident
  – Statistical, database construction/maintenance, and editorial support

• American Urological Association and Chicago Urologic Society memberships
  – Expenses paid by department for residents with abstracts accepted to AUA meeting
  – Residents attend CUS monthly meetings Nov-April
Mentorship
Clinical & Research

1:1 Mentorship

Career

Clinical Training

Research

Well-Being
Our Residents: Our Priority

PGY-1

PGY-2 & PGY-3

PGY-4 & PGY-5

PGY-6
Training in all Urologic Subspecialties

- Comprehensive Training Program
- Female Pelvic Medicine & Bladder Health
- Pediatric Urology
- Transitional Urology
- Reconstructive Surgery
- Urologic Oncology
- Benign Conditions
  - BPH
  - Kidney Stones & General Urology
  - Pelvic Pain
- Male Fertility
  - Sexual Dysfunction
Clinical Training

- Supervised and mentored by dedicated faculty
- High operative volume at all institutions
- Intro to Advanced Urology rotation as PGY3
- Residents care for adult and pediatric patients with all types of urologic conditions
- Multi-disciplinary clinics
- APPs who help residents
Training Sites

Northwestern Memorial Hospital
Call: Night Float 1 month in PGY2, 3, 4
• General Surgery (PGY1) – 6 months
• Urology (PGY1-PGY6) – 34 months

Jesse Brown VA Medical Center
Call: Home call, shared with University of Chicago residents
• PGY1, 2, 3 & 6 – 11 months

John H. Stroger Jr. Hospital of Cook County
Call: Home call, shared with Stroger residents
• PGY5 – 3 months

Ann & Robert H. Lurie Children’s Hospital of Chicago
Call: Home call, shared with residents from other Chicago programs
• PGY1 & PGY 3
Electives

Resident Selected

**PGY2 & PGY3 (2 months)**
- Plastics
- Colorectal
- Radiology
- Pathology
- Radiation oncology
- Medical oncology

**PGY5 (3 months)**
- Either on campus or away
- National
  - Children’s Hospital of Philadelphia-Pediatric Urology
  - Indiana Urology
  - Cincinnati Children’s Hospital- Pediatric and Adolescent Gynecology
  - Vanderbilt Urology
  - UT Southwestern
  - International
<table>
<thead>
<tr>
<th>Training Site</th>
<th>PGY1</th>
<th>PGY2-3</th>
<th>PGY4 (Lab)</th>
<th>PGY5-6</th>
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<tbody>
<tr>
<td>Northwestern Medicine</td>
<td>VA and Lurie interns: Sat-Sun DAYS at NM</td>
<td>Night float</td>
<td>1 month night float</td>
<td>Backup call</td>
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<tr>
<td></td>
<td></td>
<td>24 h call rotation Sat-Sun (2/mo)</td>
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<tr>
<td></td>
<td></td>
<td>Backup Sat-Sun days</td>
<td></td>
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<tr>
<td>VA</td>
<td>N/A</td>
<td>1-2 weekends/month</td>
<td>N/A</td>
<td>Q2 Backup Call</td>
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<tr>
<td></td>
<td></td>
<td>Q2-4 home call M-F</td>
<td></td>
<td>2 wknd/mo</td>
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<tr>
<td>Lurie</td>
<td>N/A</td>
<td>Q3 home call</td>
<td>N/A</td>
<td>Primary home call</td>
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<tr>
<td>Stroger</td>
<td>N/A</td>
<td>N/A</td>
<td>N/A</td>
<td>Q3 M-F</td>
</tr>
</tbody>
</table>
Educational Opportunities

Didactic Conferences – Protected time for residents

• Conferences (Thursday PM)
  – GU Oncology Conference
    – Multi-disciplinary oncology conference
    – Reconstructive urology case conference
  – Resident Teaching Conference
    – Topic-based lectures
    – Board review
    – AUA Clinical Practice Guidelines
    – Journal club

• Conferences (Friday AM)
  – Urology Grand Rounds
    – Presented by Northwestern Urology faculty
    – Resident case presentations
    – Guest speakers
    – Research Development Working Group
    – Morbidity and Mortality Conference
  – Pre-operative Conference
  – Site-specific didactics (i.e. pediatric urology during Lurie Children’s rotations)
Educational Opportunities

Simulation

Northwestern Simulation

- State-of-the-art simulation education center
- Residents have 24-hour access to simulation lab
- Laparoscopic trainer, TURP trainer, Mimic robotic trainer

Robotic trainers

- VA
- Lurie
- Northwestern

Resident Simulation Labs

(1-2 Full days)

- 2024: Open pelvic & open scrotal surgery
- 2023: Ureteroscopy (rigid and flex), HOLEP, TURP
- 2022: Percutaneous access for treatment of large complex kidney stones
- 2021: Pediatric Urology skills
- 2020: Female pelvic anatomy, prolapse repair, slings, urethral bulking agent
- 2019: Laparoscopic skills training
Educational Opportunities

Local and National Meetings

**Chicago Urological Society**
First Wednesday November-April
Resident time protected to go to every meeting

**AUA Annual Meetings**
All research residents attend the national meeting
Residents who have abstracts accepted attend the meeting
How do I do Research?

**Mentoring**
- Rotate through Research Development Working Groups PGY1 and PGY2
- Intensified mentoring PGY2 and PGY3 to prepare for lab year
- Weekly meetings with lab year mentor
- Quarterly meetings with lab year advisors

**Design your project**
- Identify field of interest
- Select PI and lab
- Choose from any department
- Write proposal

**12 month protected research**
- Only 4 weeks of night float
- Department funds for supplies
- Fully supported

**Goals**
- 1 review paper or chapter
- First author AUA abstract submission
- 4 original manuscripts

**Resources**
- Research Development Working Groups
- Data warehouse
- Pilot funding for trainees
- Editorial & IRB support
- Statistical services
- Database development
- Research Coordinator
Research Development Working Groups

- Disease-based groups of faculty, trainees and students
  - Infection & Inflammation
  - Endourology & Stone Disease
  - Male reproductive Surgery & Men’s Health
  - Reconstruction & Neuourology
  - Urologic Oncology

- Every other month at grand rounds
  - Discuss research ideas
  - Present research proposals
  - Discuss data collection and analysis plans
  - Assign project roles and tasks
Benefits – McGaw

- 2023-24 ---> PGY-1 Salary: $70,460   PGY-6 Salary: $85,792
  - Salary increases
- Medical insurance and Ancillary coverage: Medical, Dental, Vision, prescription drug, FSA,
- 401(k) – tax-deferred saving plan
- Disability and life insurance
- Vacation: 3 weeks PGY-1, 4 weeks PGY ≥2
- Sick time: 10 days per year
  - Excused time for Doctor/dentist appointments
- Family benefits:
  - Paid maternal and parental leave
  - Childcare/daycare assistance
  - Two on-site daycare centers
Benefits – Department

- Travel to AUA and NCS meetings (with accepted abstract)
- Travel to specialty meeting – case-by-case basis
- 5 paid interview days
- Funded lab year – salary and research support funds
- Statisticians
- Loupes, Books
- AUA membership
- Resident workrooms – research and hospital workrooms
- Snacks, fridge in resident workroom
- Freedom Pay for food at NM vendors – some places 24/7 (Panera, Burrito Beach, L'Appetito, Pizza Studio, Protein Bar, Starbucks, Subway)
Career Paths Following Graduation

32 Graduates (past 10 years)

- Private Practice: 10 (31%)
- Academic practice: 3 (9%)
- Fellowship: 19 (59%)
  - Academic Practice: 8 (42%)
  - Private Practice: 8 (42%)
  - Currently in Fellowship: 3 (16%)
Alumni Fellowship Training

Fellowship Programs

- Baylor (Andrology)
- Children’s Hospital of Philadelphia (Peds)
- Cleveland Clinic (FPMRS)
- MD Anderson (Oncology)
- Memorial Sloan-Kettering (Oncology)
- University of Miami (Andrology)
- Michigan (Oncology)
- UCSF (Reconstruction)
- UCLA (FPMRS)
- USC (Oncology)
- UT Southwestern (Reconstruction)

Alumni Fellowship Training Past 10 Years

- Andrology: 37%
- Urologic Oncology: 26%
- Pediatric Urology: 11%
- Reconstruction: 21%

n=20 residents
Graduated Resident Performance

• 2023 Graduates
  – Lauren Cooley: Private Practice – Atlantic Urology Clinics, Myrtle Beach, SC
  – Matthew Hudnall: Fellowship – Urology Oncology/Robotics – City of Hope, CA
  – Jeremy Lai: Joined NM Central DuPage/Delnor Hospital (General Urology)
  – Minh Pham: Academic Practice – UNC (General Urology)

• 2022 Graduates
  – Anuj Desai: Fellowship – USC Minimally Invasive Urology; Private Practice in Atlanta, GA
  – Oliver Ko: Fellowship - USC Minimally Invasive Urology; Private Practice in Phoenix, AZ
  – Amanda Vo: Joined NM Hospital (General Urology)
  – Adam Weiner: Fellowship – UCLA Urologic Oncology

• 2021 Graduates
  – Mehul Patel: Fellowship – Andrology – University of Miami, Private Practice Atlanta, GA
  – Adarsh Manjunath: Private Practice – Wellstar Health, Atlanta, GA
  – Emmy Yura: Private Practice – Uropartners, Mount Prospect, IL
  – Jason Cohen: Private Practice – Cayuga Health, Ithaca, NY
Mentoring Culture

- Open door communication
  - Program Director
  - Chair
  - Mentors
- Several wellness events per year
  - Faculty and Residents
  - Dinners through the year
  - Chicago Bulls, Chicago Blackhawks games
Diversity and Inclusion

- Goal: Create a medical campus environment of belonging and inclusion for all

- Feinberg School of Medicine Initiatives
  - Goal: Raise awareness, expand engagement and promote discovery
    - Underrepresented Residents and Fellows Forum
    - Diversity and Inclusion Council
    - Feinberg OutList and AllyList
    - Women’s Health Research Forum
    - Community partnerships

- Department of Urology Initiatives
  - Diversity Committee & webpage
  - LGBT Safe Space Training
  - Health education, screening and outreach to at-risk communities and underserved populations

The Washington Post

I’m Northwestern’s president. Here’s why safe spaces for students are important.
Resident Wellness: An Institutional Priority

- Residency training is fundamentally stressful
- Rate of depression among residents is 22% to 35%
- Physicians in practice have a substantially elevated risk of suicide compared to the general population

Northwestern is committed to ensuring that residents remain physically and mentally healthy

- Institutional goal to create a supportive culture to improve resident wellness and to proactively address mental health issues faced by residents
  - Providing resources to our department to improve educational experience
  - Increase awareness of depression risk during training
  - Destigmatizing depression through education
  - Resident Wellness Inventory and Wellness Toolbox containing self-appraisal tools
  - Wellness liaison provides confidential mental health evaluation and treatment to residents
Resident Wellness: An Institutional Priority
Housestaff Wellness Program: Meridian Health

• Available to housestaff through a direct line 24/7

• Resource for wellness or mental health concerns

• Maintains trainee confidentiality
  o Nothing communicated with the program, faculty, or institution
Wellness = FUN
(A Department Priority)

• Open door communication
  − Program Director
  − Chair
  − Mentors

• Wellness Events
Resident Life
Northwestern Urology Residents
Life in Chicago
Life in Chicago
Thank you!